

# Anger Management

1. Describe who disciplined you as a child and how you were disciplined. Was there violence in your house between your parents, brothers and sisters, etc.?
  
2. How do you (or how would you) discipline your own children?
  
3. Is #1 above similar to #2? Why or why not? Should it be different?
  
4. List 5 unhealthy expressions of anger:
  - a.
  - b.
  - c.
  - d.
  - e.

**5. List 5 healthy expressions of anger:**

a.

b.

c.

d.

**6. Describe how you take a Time Out:**

**7. List five things you can do to calm down when you feel yourself getting angry:**

a.

b.

c.

d.

e.

**8. List three ways you can diffuse a crisis:**

a.

b.

**c.**